

# SAMPLE ACTIVITIES

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The Life Enrichment staff at Park Place put together a full calendar of outings and activities every month, and they print copies of that monthly calendar for all residents. The sample items below were gathered from a recent month to show the variety of opportunities available.

## TYPICAL ACTIVITIES

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<b>Sundays</b>	Church Video Recording (shown in the Creations Studio in assisted living) Bears Game (shown on the second floor of skilled nursing) BINGO (in the second-floor dining room) Root Beer Floats (in the third-floor dining room) Featured Film (in the second-floor dining room)
<b>Mondays</b>	Communion (served in people's apartments) Variety Show (in the Fireside Room) Sit and Be Fit (in the Fireside Room) Hand Massages (in the Fireside Room) Letter Writing (in the second-floor dining room) Cupcake Making (in the third-floor dining room)
<b>Tuesdays</b>	Breakfast Club (in the assisted living dining room) Scenic Bus Ride Bible Study with Pastor Gerry (in the Fireside Room) Bracelet Beading (in the third-floor dining room) Artist at Work (on the second floor of skilled nursing) Open Fitness/Swim (in the Fitness Center) Wii Games (in the Fireside Room)
<b>Wednesdays</b>	Arboretum Trip Bags with Mel (in the Gilead Center) Sit and Be Fit (in the Fireside Room) Worship with Pastor Gerry (in the Fireside Room) Dance Circle (in the Fireside Room) Evening Games (in the assisted living dining room)
<b>Thursdays</b>	NewsCurrents (in the Fireside Room) Elmhurst Art Museum Trip Name that Tune (in the Fireside Room) Fabulous Fingers (in the second-floor dining room) Berry Smoothies (in the third-floor dining room)
<b>Fridays</b>	Movement with Mary Ann (in the Gilead Center) Crafty Corner (in the Gilead Center) Healthy Hands (in the Fireside Room) Wine and Cheese Friday Movie (in the Fireside Room)
<b>Saturdays</b>	Saturday Stretching (in the Gilead Center) Movie Matinee (in the Fireside Room) Saturday Nail Painting (in the Fireside Room)



PARK PLACE HEALTH & WELLNESS CENTER

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